

Presented by: Ingvar Sodal

SNOA (Pivot Dance)
Swedish Oldtime Couple Dance
(SNOO-a)

The pivot--a turning of a partner with a simple alternation of the feet--is a popular dance step among traditional dancers in Denmark, Norway, and Sweden, and is akin to the Dreher of Germany and Austria. The Norwegians have a form call Rull or Rudl, the Danes have their Svejtrit, while the Swedes dance the pivot to the name of Snoa and Slunga (the former term used in the north, the latter common to the south), and even Klubba.

In Stockholm the Snoa is an alternate dance to the Polkett. At oldtime dance gatherings it is the usual practice for the orchestra to play two selections for each tip of rhythms. In the case of the polka, a simple dancing of very small polka step in Baltic pos. (as in Suomalainen polka, Finnish-Polka) is danced during the first selection, and as a contrast a walk and pivot is done to the second selection.

Though there is no pattern to remember nor complex step to master, the Snoa should not be automatically relegated to the "simple Elementary" category. A good smooth pivot takes practice. Styles vary with the individual dancer or couple of course, and eventually each finds his own favorite mode. Generally speaking it is well to have the music on the slow side rather than too fast, in order to capture the proper "lilt" of the dance.

RECORD: Aqua VIKING V 820 b. "Bergslags polka"

FORMATION: Any number of couples in circle, LOD CCW.

POSITIONS: Open shldr-waist; either closed shldr-waist or Swedish folk dance hold (Polska pos): as in common closed(waltz) pos except that W R arm is straight, her R hand holding M L upper-arm, and M L arm is bent at R angle, his L L hand holding her R upper-arm. Free hand either on hip, finger fwd, thumb back, or loose at sides.

FOOTWORK & Opp throughout: light walking steps, pivot.

CHARACTER: Light, not plodding.

The following are not figures in the regular sense, but merely two dance pos which are alternated at will, with no fixed number of meas for either.

A. Open steps fwd:

In open shldr-waist pos, beg on outside ft, cpl moves fwd in LOD with light and springy semi-walking steps, one step to each beat (2/4) Ct 1-2 for L,R, for any number of meas.

Snoa-continued

B. Closed pivot turn:

Transition: Whenever desired (preferably on an even 4-meas phrase) M takes a short jump with stamp on both ft, on the 1st beat of the 1st meas of a phrase (this in lieu of his otherwise stepping L), following it with a step R on the 2nd beat, as usual, during which time he takes closed pos with ptr. Simultaneously, W steps R,L as usual, while taking closed pos. (Ct 1-2). Couple then turns CW with 1-2 pivot steps, 1 full revolution per 2 counts, progressing fwd in LOD, as long as desired.

Couple may revert to the open "rest" steps at any time be merely breaking out into open pos again. Similarly, the stamp transition to closed turn may follow at will as before, and so on. In any case, the same alternation of feet is maintained thruout without interrupt-ion, whether walking or pivoting.

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